



## City of Newton, MA

# INVEST IN YOURSELF

January 2014 Health and wellness newsletter for employees

### NEED YOUR BLOOD PRESSURE TAKEN?

#### HAVE A MEDICATION QUESTION?

Please call x1420 to set up a time to meet with a nurse

### VACCINES



**Flu shots** are still available by appointment in the Health & Human Services Department. Call x1420 to make sure a nurse is available when you want to come. Friends & family members welcome.

**Pneumococcal Vaccine** also available. Check with your health care provider to see if you need one, and call x1420

### Newton Community Education

A variety of healthy related courses are offered at a **15 percent discount** for City of Newton Employees. Check out the offerings at [www.newtoncommunityed.org](http://www.newtoncommunityed.org)

Or call 617-559-6999

Choices include Yoga, Tai-Chi, Salsa, Strength/Conditioning, Cooking, Self-Defense, Snowshoeing and more!



## COLDS AND CHICKEN SOUP

Coughing, the sniffles and sneezes abound this time of year. Often the culprit is the common cold.

Most people recover from colds within 10 days, however some people experience more severe symptoms such as pneumonia or acute asthma attacks.

Various rhinoviruses cause colds and these are spread through the air, close personal contact and objects and surfaces.

Infection risk can be reduced with frequent hand washing and by following these tips:

- Stay away from people who are sick
- Cover your mouth and nose when you cough or sneeze
- Wash your hands after blowing

your nose

- Do not touch your eyes, nose or mouth with unwashed hands.

Information adapted from [www.cdc.gov](http://www.cdc.gov)



Can chicken soup really help a cold? The short answer is maybe.

Some studies have shown that chicken soup can help inhibit upper respiratory cold symptoms or increase the movement of nasal mucus.

No research is conclusive, but chicken soup with vegetables

provides good nutrients and hydration, so it could be beneficial. Check out the next page of the newsletter for a recipe and see if it works for you.

### Coming soon...Break for Wellness

The format for Lunch & Learn programs is changing. In February, we will debut the **Break for Wellness**, a short (15 minutes or less) wellness program that will be offered at multiple locations throughout the city and at different times of day. Sometimes there will be a healthy snack, other times we'll bring a giveaway item related to the topic. Suggestions for future topics and locations can be emailed to [wellness@newtonma.gov](mailto:wellness@newtonma.gov)

Up first, the topic is **CPR and AED basics**.

**Save the following dates:**

Fri., Feb. 7, Newton Free Library, 10 a.m. Mon., Feb. 10, 2:30 p.m. Crafts St.

Tues., Feb. 11, 2:30 p.m. Elliot St.

Thurs., Feb. 13, 3 p.m. City Hall

Thurs. Feb 27, 3 p.m., Education Center





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## SUICIDE PREVENTION & RESOURCES

Suicide is a serious public health problem that affects a wide range of people. Several factors can put a person at risk for suicide. However, having these risk factors does not mean that suicide will occur.

**Risk factors** include:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

People who attempt suicide often display one or more of the following **warning signs**:

- Talking about wanting to kill themselves, or saying they wish they were dead
- Looking for a way to kill themselves, such as hoarding medicine or buying a gun
- Talking about a specific suicide plan
- Feeling hopeless or having no reason to live
- Feeling trapped, desperate, or needing to escape from an intolerable situation
- Having the feeling of being a burden to others
- Feeling humiliated
- Having intense anxiety and/or panic attacks
- Losing interest in things, or

losing the ability to experience pleasure

- Insomnia
- Becoming socially isolated and withdrawn from friends, family, and others
- Acting irritable or agitated
- Showing rage, or talking about seeking revenge for being victimized or rejected, whether or not the situations the person describes seem real



Many people who attempt suicide talk about their intention with someone else. **If you or someone you know needs help, there are many resources available.**

Employees may access the **Employee Assistance Program** by calling (617) 243-6522 or at [eap.partners.org](http://eap.partners.org)

In Newton, **Riverside Emergency Services** can be reached at (800) 529-5077 and the **MSPF Interface** (617) 332-3666 x1411.

The **National Suicide Prevention Lifeline** can be reached at 1-800-273-TALK (8255)

And as always, 911 is available for emergencies.

*Information adapted from [www.cdc.gov/features/preventingsuicide](http://www.cdc.gov/features/preventingsuicide) and [www.afsp.org/preventing-suicide/risk-factors-and-warning-signs](http://www.afsp.org/preventing-suicide/risk-factors-and-warning-signs)*

## BASIC CHICKEN SOUP

### Ingredients

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 celery stalks, sliced
- 2 carrots, sliced
- 8 cups low-sodium chicken broth
- 1/2 cup brown rice, barley or pasta
- 2 cups cooked, shredded chicken



### Instructions

- Place pot on stove and turn heat to medium, add oil when hot
- Add onion, celery, and carrots and cook until tender, about 10-15 minutes
- Add the broth, and raise heat to bring to a boil. Then lower heat to low and cook uncovered until veggies are tender—about 30 minutes
- Add the rice, barley or pasta and cook until tender.
- Add the chicken, stir and cook until heated throughout.
- Serve right away or refrigerate up to 3 days!

### “Fancy That”

- Lemony chicken soup: add 1 bay leaf and one strip lemon zest when you add the stock—remove both before serving.
- Garlicky ginger soup: add 1 tablespoon fresh ginger root and 1-2 garlic cloves, minced, when you add the onion.
- Curried chicken soup: When cooking the veggies, add 1 Granny Smith apple, cored and cubed, 1-2 tablespoons curry powder, and 1 tomato, cubed. Stir in 1/4 cup unsweetened, shredded coconut and 2 tablespoons chopped cilantro leaves just before serving.

Recipe from chopchop magazine  
[www.chopchopmag.org](http://www.chopchopmag.org)